

# Food Insecurity on College Campuses

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# Student Success Committee

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- The Student Success Committee was created to address issues facing the students at Fontville College that may be impacting their success in college.



Samantha Allred

Director of Campus Mental Health  
Resource Center



Qy'Darrius McEachern

Coordinator of Student Activities



David Eller

Head of Campus Dining



Princess Lane

Director of Residence Life



# Fontville College

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- Fontville College is a public, 4-year college located in the heart of Durham, North Carolina.
- With a diverse student body population of 16,000, the Division of Student Affairs at Fontville College is committed to student development and success cognitively, socially, and physically.
- The demographics of our student body are important to consider when ensuring student success because certain identities are at-risk of experiencing challenges that require extra support from professionals at our college.
- A challenge to student success that we will be specifically addressing throughout this presentation today is food insecurity.



# Fontville Mission Statement

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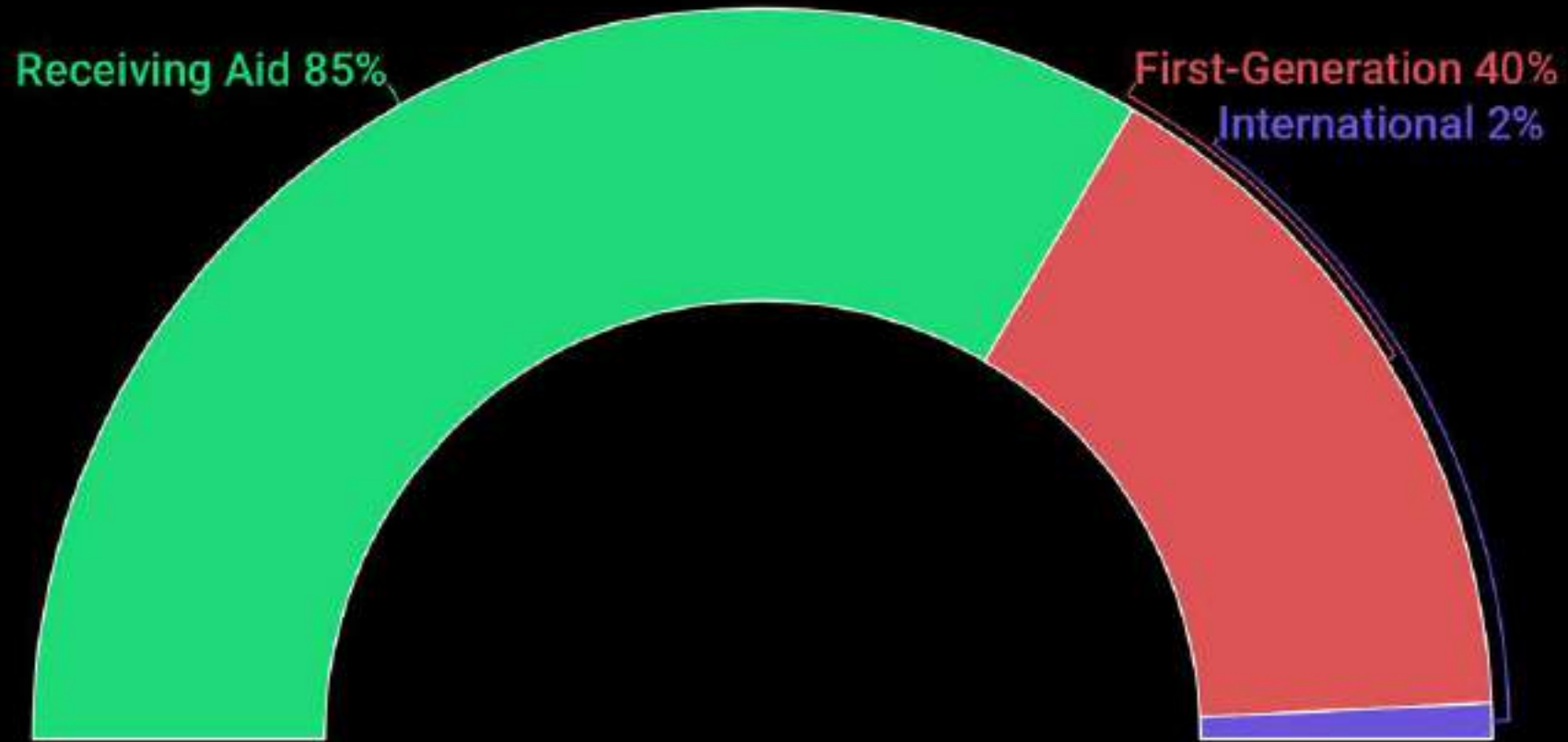
- The mission of Fontville College is to engage our students in research, creativity, service, and scholarship so that they may become a generation of leaders. Fontville College faculty and staff are dedicated to embracing diversity in people and ideas, innovation in teaching, and fostering the success of each generation of students.



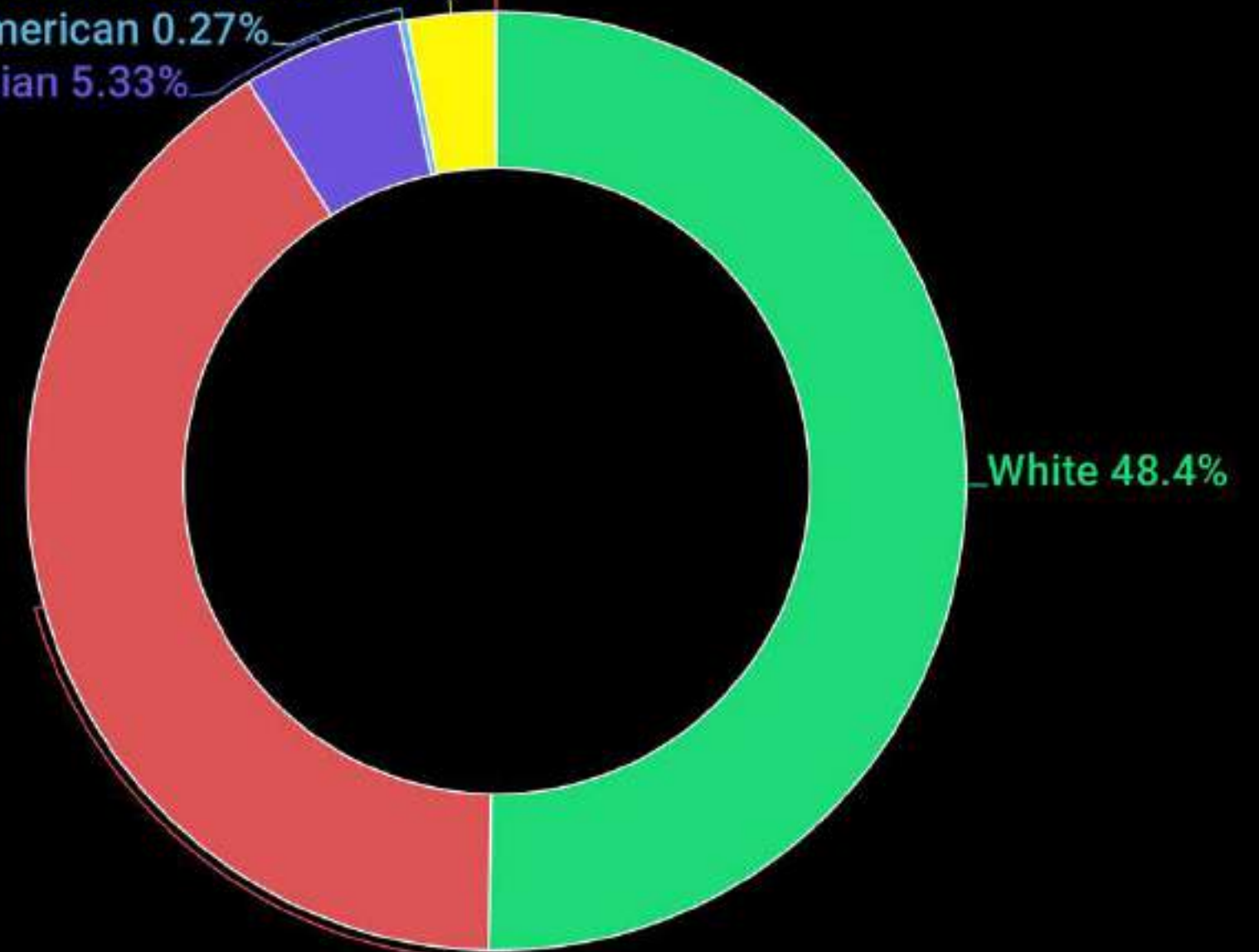
**RAVENS**  
FONTVILLE COLLEGE



# Fontville Students



Native Hawaiian or Pacific Islander 0.04%  
Two or More Races 2.89%  
Native American 0.27%  
Asian 5.33%



# What is Food Insecurity?

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- An individual experiences food insecurity if they have limited availability to nutritional and safe foods also taking into consideration their ability to obtain food in a socially acceptable way (Goldrick-Rad et al., 2017).
- Another term to consider when understanding food insecurity is the concept of a food desert. Food deserts are areas in which people have limited access to affordable, fresh food due to distance or other challenges to accessibility (Smith et al., 2019).
- Those that live in a food desert show that food insecurity is not always a financial issue. Individuals located in food deserts are deemed food insecure as well even if they can afford food.



# Food Insecurity & Higher Education

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- Food insecurity in the United States impacts 42.2 million people, and continues to disproportionately affect low-income households, single parent households, and households of color (Nazmi et al., 2019).
  - 38% of low-income households
  - 30% of single parent households
  - ~ 22% of households of color
- Over the last decade, multiple studies of food insecurity among college students have found rates ranging from 20% to more than 50% (Freudenberg et al., 2019; Nazmi et al., 2019).
  - In a 2019 study, Nazmi et al. found food insecurity prevalence as high as 58.8% at some campuses around the country.



# Food Insecurity & Higher Education

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## Why is food insecurity so high on college campuses specifically?

- College students are facing more financial challenges:
  - 39% of college students are from households 130% below the poverty line, a 11% increase from the 1990s (Freudenberg et al., 2019).
  - About 50% of undergraduate students are financially independent from their parents, and about 25% of those students work full-time (Freudenberg et al., 2019).
- College has become more expensive.
- As low-income students have increased, the amount Pell Grant covers has decreased.
- It is harder to pay for college by working.
  - Minimum wage has decreased in value substantially.
- Today's colleges have less money to allot towards providing affordable food and housing.
  - State fundings for higher education has decreased 25% over the last 30 years (Freudenberg et al., 2019).





# Food Insecurity & Higher Education

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## Why is food insecurity so high on college campuses specifically?

- Misconceptions & Stigmas
  - College students are “supposed” to struggle and eat poorly (i.e packaged ramen noodles, processed foods, etc). Therefore, students will not seek out support, parents do not send money for food, and food insecurity continues to rise (Henry, 2017).
  - Seeking support for food insecurities is stigmatized on college campuses, as students always believe that there is someone “worse off” than them, leading them to avoid support all together (Henry, 2017).
  - Food insecurity support systems then become “the last resort” as opposed to an option for all students who need assistance with obtaining healthy and fresh food options (Henry, 2017).



# Food Insecurity & Higher Education

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- Due to the multiple eligibility requirements set by the United States government, many students are ineligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamps Program.
- It is estimated that 7.4 million college students earn household incomes under 130 percent of the federal poverty level, the first requirement to be eligible for SNAP (Allison, 2018). However the next requirement to be eligible for SNAP is to work at least 20 hours a week. This is where most college students are found ineligible because of commitments to their education that leave them unemployed or do not allow them to work that many hours even if they do have a job. (Allison, 2018).
- This gap leaves an obligation for institutions to support these students by creating additional programs that alleviate food insecurity on college campuses.



# Theoretical Approach

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- When creating Stock It Up, the committee utilized Maslow's Hierarchy of Needs to examine how students prioritize their basic needs, more specifically, food.
- According to Maslow's theory, until basic survival needs are met, individuals will not be able to fulfill higher-ordered needs such as safety and belonging (Clark et al., 2006).
- Students will be unable to thrive in college if their basic need of food security is not met. This can lead to impacts on individuals academically, mentally, and physically.



# Academic and Financial Impacts

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- Majority of students who are faced with food insecurity reported that they are not able to buy required items such as textbooks or other class materials. Students who identify as food insecure are also more likely to miss class or important supplemental study sessions. In many cases being food insecure can prevent students from completing school entirely (Allison, 2018).
- Often, this issue can go unnoticed because in order to measure student hunger, students must self report (Allison, 2018).



# Mental Impacts

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- Some mental impacts that food insecurity can have on a college student can stem from social isolation. College students are expected by their peers to go out to eat as a form of socializing. Students experiencing food insecurity do not have the financial means to participate in these social outings and in turn isolate themselves. This isolation can then lead to anxiety and depression (Henry, 2017).
- Food insecurity has also been associated with anxiety and depression due to concerns over finances and how or where one can obtain food (Pan et al., 2012).



# Physical Impacts

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- One physical impact of food insecurity is malnutrition, and while it is a misconception that those experiencing food insecurity should be underweight, that is not always the case. Specifically, obesity is significantly higher among food insecure individuals than those that are food secure. Foods high in sugar and fats are usually less expensive to buy so these individuals usually have unhealthy diets. Additionally, the bodies of those experiencing food insecurity evolve to store fat for energy usage after prolonged periods without nutrition. Obesity leads to other health issues such as high blood pressure and cholesterol, diabetes, and heart problems (Pan et al., 2012).



# Our Program Proposal

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**STOCK IT UP**



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**FONTVILLE'S FOOD PANTRY FOR ALL!**

# Program Goals

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- The goals of Stock It Up include:
  - Bringing awareness to the issue of food insecurity within higher education.
  - Aiding in decreasing food insecurity experienced by students at Fontville College.
  - Decrease food waste from Fontville College Dining Services.
  - Providing relationships between Fontville College, campus partners, and local businesses.





# Stock It Up Food Pantry

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**Our program proposal is to create a phenomenal food pantry which incorporates initiatives aimed at supporting food insecure students through multiple avenues.**

- Unlike many food pantries, Fontville College “Stock It Up” food pantry will be fully equipped with fridges and deep freezers in order to provide students with perishable items such as eggs, dairy products, and meats.
- In coordination with Campus Dining, we will create a meal swipe donation system where students will be allowed to give extra swipes to students that need them!
- With this partnership, we will also be packaging leftover food from the dining hall to store in the pantry and provide students with pre-made, healthy meals.
- In addition, Stock It Up will have an educational component where we aim to provide students with information on finding healthy foods, why they are important, and teaching students how to cook with fresh foods!



# Stocking the Shelves

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- \$500 will be used from the total budget to partially stock the pantry for the initial opening. The rest of the pantry will be consistently stocked through local partnerships.
- Stock It Up will partner with the county's local food bank to ensure that there is a constant supply of food available for the students.
- Since Durham, North Carolina is located in a rural area, we will also partner with local farmers to bring in fresh produce.
- In an attempt to promote unity among students and student organizations, the food pantry will host monthly food drives as a competition for student organizations to participate in.



# Packaged Dining Meals

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- As a campus partnership with Dining Services, remaining food from each dinner shift at the campus dining hall will be packaged by student volunteers and stored in the food pantry's fridge or freezer.
- Food packaging will be provided in reusable containers purchased with the allotted budget.
- Students will be asked to return food containers to a designated location after use to be washed by student volunteers and refilled with food another time.
- This partnership will provide students with pre-made meals and decrease waste from Dining Services leading to a mutually beneficial relationship with Stock It Up.



# Meal Swipe Donations

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- Students can donate their meal swipes for other students to use as necessary by visiting the front desk in the Stock It Up pantry.
- Food swipes will be “stored” electronically and accessible to any student currently enrolled via their student ID.
- Students that would like to utilize these meal swipes can visit the front desk to have swipes transferred to their student ID. Students may request up to 5 swipes at a time, dependent on number of swipes available in the system.
- Meal swipes will be good for the entire academic year and any unused meal swipes at the end of the Spring semester will roll over to the next academic year.



# Stock It Up Operations

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- Stock It Up will be located in the Student Center and staffed by student volunteers from various groups on campus and individuals with an interest to serve their student body. Supervision of these students will be provided by the Student Success Committee.
- Student volunteers will not be paid, but can receive service hours and credit for the time and commitment to the food pantry's program.
- Stock It Up will be open Monday-Friday in two shifts:
  - 8:00AM-Noon
  - 4:00PM-8:00PM
- Stock It Up will also be open on Sundays 9:00AM-Noon to provide students the resource on the weekends.
- Food packaging and dishwashing will take place during a nightly shift:
  - Monday-Friday 8:00PM-10:00PM



# Learning Outcomes

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After participating in Stock It Up's Educational Initiative, students will be able to:

- Understand how nutrition impacts their development and success in college.
- Recognize what constitutes a healthy, nutritious meal.
- Demonstrate how to utilize fresh produce to create nutritious meals.
- Elaborate on how a healthy diet contributes to physical and mental well-being.



# Educational Initiatives

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- The Student Success Committee wanted to provide students educational additions to the food and resources students would receive from the Stock It Up Food Pantry.
- Most college students do not know how to cook healthy foods with fresh groceries, therefore we plan to provide them with specialized recipes based on the produce that we have readily available in stock (Henry, 2017)!
- In addition, we plan to do outreach in high student traffic areas, where we will pass out information about food insecurity, what it means to live in a food desert, and why we need to remove the negative stigma around seeking support regarding sustenance.



# Examples

## TACO TOMATOES

### INGREDIENTS

1 tbsp. extra-virgin olive oil  
3/4 lb. ground beef  
1 medium onion, chopped  
1 (1-oz.) packet taco seasoning  
4 large, ripe beefsteak tomatoes  
1/2 c. shredded Mexican cheese blend  
1/2 c. shredded iceberg lettuce  
1/4 c. sour cream



### DIRECTIONS

1. In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes.
2. Add ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat.
3. Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges.
4. Divide taco meat among tomatoes, then top each with cheese, lettuce, and sour cream before serving.
5. Enjoy your delicious, healthy meal!



Stock It Up: Fontville's Food Pantry for All  
Bryant Hall Room 0824  
food@fontville.edu  
(910) 674 - 3663

## LINGUINE ALFREDO

### INGREDIENTS

12 oz. whole-wheat linguine  
1 tbsp. extra-virgin olive oil  
3 cloves garlic, minced  
2 tbsp. all-purpose flour  
1 c. low-sodium chicken broth  
3/4 c. 1% milk  
1/2 c. freshly grated Parmesan  
2 tbsp. plain Greek yogurt (optional)  
Freshly ground black pepper  
Pinch crushed red pepper flakes  
Freshly chopped parsley (for serving)



### DIRECTIONS

1. In a large pot of salted boiling water, cook linguine according to package directions until al dente.
2. In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute. Sprinkle flour over evenly, then stir and cook until mixture is lightly golden.
3. Very gradually add broth in while whisking, a tablespoons at a time, waiting for mixture to become completely smooth before adding more broth. Bring mixture to a boil, then gradually stream in milk while whisking. Bring to a simmer.
4. Remove from heat and add Parmesan and yogurt, if using. Season with salt, pepper, and a pinch of red pepper flakes.
5. Add pasta and a 1/4 cup reserved pasta water to sauce and toss to combine. If sauce is too thick add more pasta water, a tablespoon at a time, until desired consistency.
6. Garnish with parsley before serving.



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# Assessment of Stock It Up

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- To assess the success, utilization, and future improvements that can be made to Stock It Up, students will be asked to fill out a survey as they exit by utilizing the QR code published by the front desk.
- This survey will consist of questions about how often students utilize the pantry, which aspects they utilize (pantry, meal swipes, packaged meals, educational programming), what improvements can be made to the pantry, as well as how their success (academic success, mental health, physical health) in college has been affected by utilizing Stock It Up resources.



# Future of Stock It Up

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- The Student Success Committee has already envisioned a future of Stock It Up which includes:
  - More partnerships with faculty members
  - Consistent contributions from the local community
  - Consistent funding
  - Increased presence on campus
  - Large student volunteer network that could become student work study positions through funding



# Grand Opening!

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- To bring publicity to the Stock It Up pantry, there will be a **GRAND OPENING** that students, local businesses, and other campus partners can attend.
- This event will showcase the pantry and the partnerships that were established during its creation. At this event students can donate food items in order to get a chance to spin a wheel for a prize! Prizes have been provided by local partners and the Student Success Committee, consisting of T-shirts, mugs, and other swag items. Some local partners will also be giving out free food from their businesses for their own publicity. Students can also receive recipe cards crafted by the Student Success Committee that will showcase the educational initiative of Stock It Up and promote our future events.
- Student organization leaders are encouraged to come and find out ways they can volunteer with Stock It Up in the future. Students can also learn how to utilize the meal swipe donation center within the pantry. Lastly, this event will also allow students who plan to utilize the pantry to get acquainted with the resources in a pressure-free environment.



# Grand Opening!

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# Budget

**\$3,000**

**Refrigerator: \$1,000**

**Deep Freezer: \$500**

**Initial Stocking: \$500**

**Reusable Containers: \$383.30**

**Grand Opening: \$200**

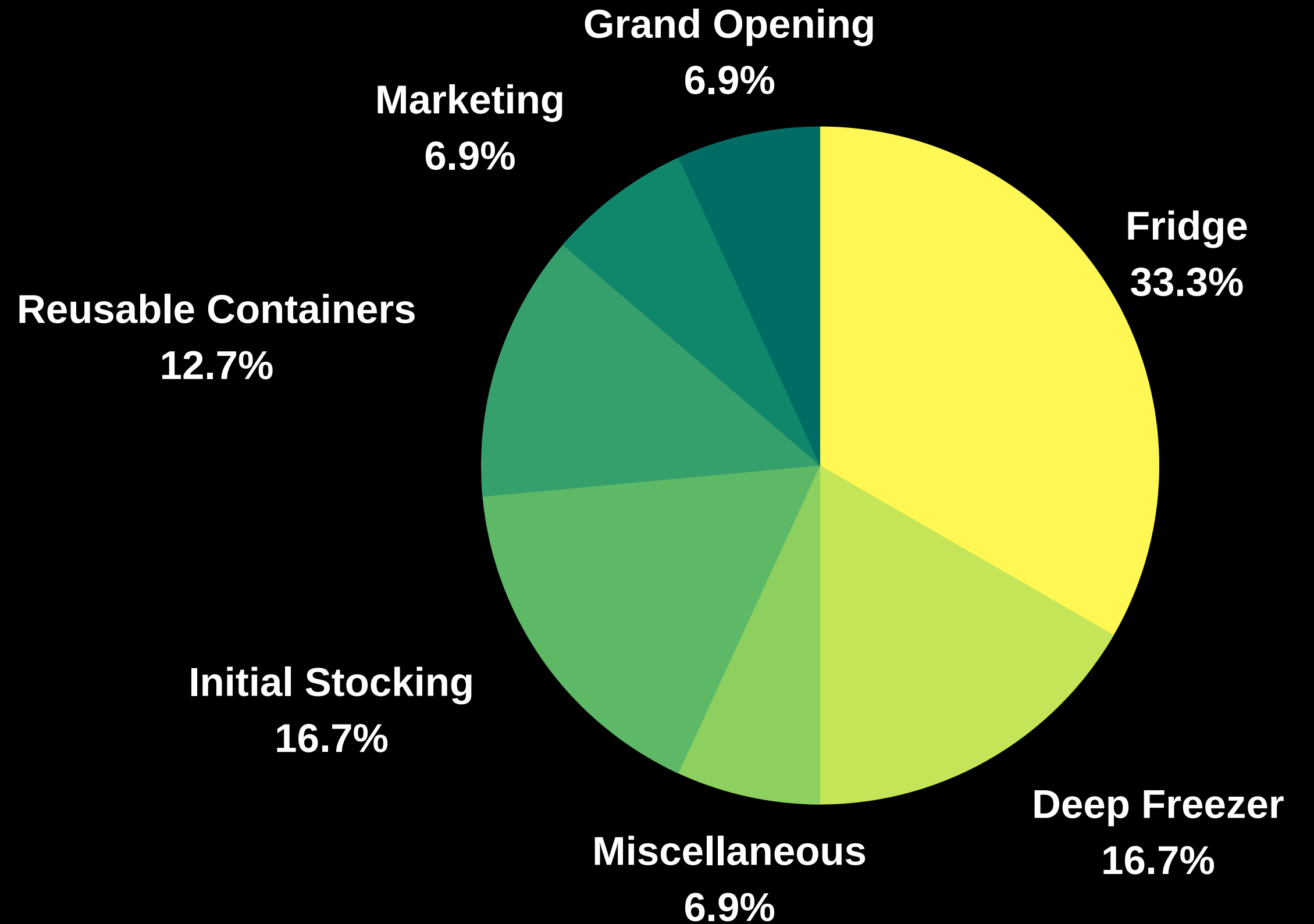
**Miscellaneous: \$200**

**Social Media Marketing: FREE**

**Space: FREE**

**Shelves: FREE**

**TOTAL SPENT: 2,983.33**



Virtual Case Study Competition 2020

Fontville College Food Insecurity Initiative

Samantha Allred, David Eller, Princess Lane, Qy'Darrius McEachern

Texas State University

### **Fontville College Food Insecurity Initiative**

The Student Success Committee at Fontville College was created to address issues facing the students at Fontville College that may be impacting their success in college. This committee consists of Samantha Allred, Qy'Darrius McEachern, David Eller, and Princess Lane. A challenge to student success that we will be specifically addressing through this paper is food insecurity.

### **Fontville College**

The mission of Fontville College is to engage our students in research, creativity, service, and scholarship so that they may become a generation of leaders. Fontville College faculty and staff are dedicated to embracing diversity in people and ideas, innovation in teaching, and fostering the success of each generation of students.

Fontville College is a public, 4-year college located in the heart of Durham, North Carolina. With a diverse student body population of 16,000, the Division of Student Affairs at Fontville College is committed to student development and success cognitively, socially, and physically. Our student body is 48.4% White, 39.34% Black or African American, 5.33% Asian, 2.89% two or more races, 0.27% Native American, and 0.04% Native Hawaiian or Pacific Islander. Eighty-five percent of our students receive financial aid, 40% are first-generation students, and 2% are international students. The demographics of our student body are important to consider when ensuring student success, because certain identities are at-risk of experiencing challenges that require extra support from professionals at our college.

### **Food Insecurity**

Food insecurity is the limited availability to nutritional and safe foods, also taking into consideration one's ability to obtain food in a socially acceptable way (Goldrick-Rad et al., 2017). In the United States, 42.2 million people are considered food insecure with low-income, single-parent, and households of color disproportionately affected compared to the rest of the population (Nazmi et al., 2019). Many people assume that food insecurity means not having the financial resources to purchase food, however that is not solely the case. Living in a food desert means being located in an area that has limited access to fresh food because of distance or other accessibility issues (Smith et al., 2019). For example, a convenience store or gas station may be nearby, but those do not provide the food necessary to have a healthy, balanced diet. Therefore, an individual in a food desert may not have access to fresh food for extended periods of time despite having financial resources.

### **Food Insecurity & Higher Education**

Within higher education an estimated 20-50% of students experience food insecurity, with one study finding as high as 58.8% (Freudenberg et al., 2019; Nazmi et al., 2019). Food insecurity is higher on college campuses due to increased cost of attending college in addition to the fact that resources to pay for college are decreasing. For example, the coverage of the Pell Grant has decreased, the value of minimum wage has decreased, and colleges have less money for resources due to decreased state funding (Freudenberg et al., 2019). Additionally, there are social misconceptions surrounding food insecurity of college students. Being *broke*, eating packaged Ramen noodles every night, and surviving off of free pizza from campus events is perceived as a normality of being a college student (Henry, 2017). Utilizing resources is also



often stigmatized on college campuses as students tend to believe there is someone is *worse off* than they are, causing them to avoid utilizing resources provided to them (Henry, 2017).

Accessibility to government programs by college students is also an issue in eliminating food insecurity. One example is the Supplemental Nutrition Assistance Program (SNAP) which is a government-funded support program that allows individuals to buy food items using a monthly, pre-loaded stipend (Nestle, 2019). Students are only eligible for a substantial amount of SNAP benefits if they work 20 hours a week, which is difficult to do while attending school full-time (Freudenberg et al., 2019). Lastly, the issue of food insecurity among college students can often go unnoticed because students must self report in order to measure student hunger (Allison, 2018). This lack of consistent, nutritious food has impacts on a student's academic, mental, and physical success, which is where the role of higher education professionals comes in (Allison, 2018; Henry, 2017; Pan et al., 2012).

### **Academic Impacts**

Experiencing food insecurity greatly diminishes a student's ability to succeed in college academically (Henry, 2017). Students who are food insecure are often not able to focus in class, contribute financially to academic resources such as textbooks, or devote the time to academic support such as attending supplemental instruction sessions that other students can (Allison, 2018). In many cases being food insecure can prevent students from completing college entirely (Allison, 2018).

### **Mental Impacts**

Some mental impacts that food insecurity can have on a college student can stem from the social expectations of college. For example, college students are often expected to participate

in events that may cost money as a form of socializing. However, students experiencing food insecurity may not have the financial means to participate in social outings and in turn they isolate themselves. This isolation can then lead to students not creating friendships or establishing a sense of belonging, resulting in low self esteem, anxiety, and depression (Henry, 2017). Food insecurity has also been associated with anxiety and depression due to stress over financial issues as well as how one can obtain food (Pan et al., 2012).

### **Physical Impacts**

A physical impact of food insecurity is malnutrition. It is often believed that those experiencing food insecurity should always be underweight, however obesity is significantly higher among food insecure individuals (Pan et al., 2012). This is because foods that are high in sugar and fats are less expensive to buy meaning that individuals with less money usually have unhealthy diets. Think of fast food, frozen meals, and processed foods. Additionally, the bodies of those experiencing malnutrition can evolve to store fat for energy usage after prolonged periods without nutrition (Pan et al., 2012). Obesity is more than just an issue of being overweight as it has been shown to lead to other negative health issues such as high blood pressure and cholesterol, diabetes, and heart problems (Pan et al., 2012).

### **Fontville Stock It Up Program**

When creating the Stock It Up program, the committee pulled from Maslow's Hierarchy of Needs to examine how students prioritize their basic needs. According to Maslow's theory, until basic survival needs are met, individuals will not be able to fulfill higher-ordered needs such as safety and belonging (Clark et al., 2006). Students are often unable to thrive in college when their basic need of food security is not met, leading to negative outcomes.

**Program Goals**

Stock It Up aims to bring awareness to food insecurity within higher education, as well as decrease food insecurity experienced by students at Fontville College. Additionally, we aim to decrease food waste from Fontville College Dining Services through meal packaging and swipe donations. We also plan to create relationships with campus partners and local businesses. Finally, we want to provide students educational resources to ensure they have the knowledge of what nutritious meals consist of, how to make them, and how they contribute to their health and success.

**Educational Initiatives**

In addition to these initiatives, we aim to provide students educational programming and resources in addition to the food they would receive from the Stock It Up Food Pantry. Many college students do not know how to cook healthy meals with fresh produce, therefore we plan to provide them with specialized recipes based on what we have readily available in stock (Henry, 2017). In terms of programming, we will create opportunities for students to learn how to cook with fresh and nutritious foods, as well as why eating them is important. With the support of student volunteers, Stock It Up plans to do outreach in high student traffic areas, by passing out information about food insecurity, what it means to live in a food desert, and why we need to remove the negative stigma around seeking support regarding sustenance.

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